



MORALE-WELFARE & RECREATION

Your Service Provider throughout the Caribbean



Directorate of Morale, Welfare and Recreation

•Mr. Freddie L. Giddens, DMWR Director •T- 787-707-3530 • Bldg 1018-D, Buchanan Heights

DMWR Admin. Officer Ms. Debra Chesson • T- 787-707-3135

Community & Family Activities Program Manager, Ms. Odette C. Ortiz • T- 787-707-2976 • Bldg 1018-C, Buchanan Heights

NAF Support Management • Chief: Mr. John P. Faass• T- 787-707-3069 • Bldg. 1018-C, Buchanan Heights

Business Operations Division • Chief: Tammy Hite • T- 787-707-3373• Bldg. 1018-D, Buchanan Heights

Community Recreation Division • Chief: Ms. Mary Davison • T- 787-707-3301 • Bldg. 1018-C, Buchanan Heights

Child & Youth Services • Chief: Dr. Irma Julia T-787-707-3399 • Bldg. 1020-A Buchanan Heights

Army Community Service • Director: Mr. Rafael Gilestra •T- 787-7073292/3804 • Bldg. 1019-A, Buchanan Heights

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> For information, suggestions or for commercial advertisement opportunities:

MWR Marketing, Advertising & Comm. Sponsorship T. 787-707-3719/3711 F. 787-707-3715 or myrna.narvaez@us.army.mil

DMWR Employee of the Month for May 2006

Jorge Bures

from NAF Support Services Branch

The **Runner-up** for the month was William Rivera from NAF Support Services Warehouse



THANK YOU to our 4th of July Sponsors for making this event GREAT!

- One Link The Home Depot
- Paperclips Casiano Communications
- DMAX La Famosa Coor Light
- Universal Holiday Inn, Tropical Casino
- Coldwell Bankers Sprint Burger King
- Pentagon Federal Credit Union WBO
- El Nuevo Día Embassy Suites Hotel
- Banco Popular

The US Army does not officially endorse sponsors. Please do not drink & drive.

Leadership Styles Contest

What is your leadership philosophy?

A PRIZE awarded monthly to the first participant to submit the correct answer. Send your selection thru e-mail no later than 17 July to: myrna.narvaez@us.army.mil

Which one of the MWR leaders listed below do you think matches with the leadership style quoted?

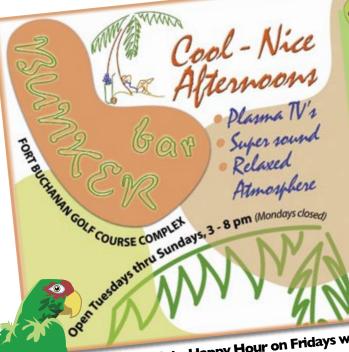
"My concept of leadership is relevant to any aspect of ensuring effectiveness in organizations and in managing change" • Good leadership involves responsibility for the welfare of the work group or team. • I influence others in some way through, coaching, counseling, delegating, mentoring, providing direction. • I delegate and empower others liberally, but they pay attention to details. • I have the goal of creating an environment where the best, the brightest, the most creative, are attracted, retained and, most importantly, unleashed. • My power is the capacity to influence and inspire others. • Leading involves the ability to train someone to have integrity, judgement, energy, balance, and the drive to get things done. • I plan, organize, and control the activities of the team. • Leaders leverage the powers of peers.

A) Mary Davison B) Rafael Gilestra C) Odette Ortiz D) Stanley Brown (MWR employees that work in the same division and/or for the unknown leader cannot win the prize.)

Last month's leadership styles contest had no winner. The correct answer was Tina M. Sánchez.

•MORALE•WELFARE & RECREATION

Your Service Provider throughout the Caribbean





Also available for trainings and private gatherings...

7 Days a Week from 8 am - 3 pm

- For 15 30 people.
- Fee \$25 per hour.
- Food and beverage available from the snack bar at additional cost.
- Contact the Golf manager for further details at 787-707-3980



We are serving you because you are protecting us.



Starting 7 July, Happy Hour on Fridays with free snacks.

from the PATIO

where to go for fun

COMMUNITY CLUB & CONFERENCE CENTER

International Variety Lunch Buffet

• Monday - Friday, 11 am - 2 pm. \$6.25 per person.

Breakfast • Monday - Friday, 6:30- 9 am. \$5 per person

Catering Services

• Tuesday - Friday, 8 am - 3 pm. **Saturdays by appointment only.** Call 787-707-3535, x-206 for details.

Bingo Nights

• Tuesday & Thursday 6 pm (Cards sold at 5:30 pm)

Thursdays & Fridays Social Evenings

Borinquen Bar: Free admission, Thursdays 4-10 pm. Fridays 4 pm - 1 am, featuring DJ Music.

Bowling Center Bar: Free admission, Thursdays 5 - 10 pm. Fridays 5 - 12 pm.

Puerto Rico Salsa Congress

July 23-29, 2006 @ El San Juan Hotel & Casino, Isla Verde, Puerto Rico, Phone: (787) 466-0168

Traditional Santiago Apóstol Festivities

07/23/2006 to 07/28/2006 Annual celebration of the Africa inheritance in the Loiza zone, offering folkloric & religious ceremonies which include costumes, masks, and bomba dances. Phone: (787)876-1040

Buruquena Festival

07/30/2006 to 08/02/2006
During this festival, buruquenas (small crabs) are collected and cooked for the public's enjoyment. This activity is celebrated in the Aguas Buenas municipality.
Phone: (787)732-8621

Local Events July 2006

Concerts:

Monchy & Alexandra

Place: Centro de Bellas Artes Luis A. Ferre Price: \$40-\$45 Date: Ago.- I 3-06 Tickets by Ticketpop

Fusion-Acapela y Voces

Place: Centro de Bellas Artes-Caguas Price: \$18-\$20 Date: Ago-19-06 Tickets by Ticket center

Black Guayaba

Place: The Arena Price: \$25 Date: Sep.-09-06

FOR MORE INFO. ON LOCAL ATTRACTIONS LOG TO:

gotopuertorico.com



Acting Manager: Eva Cabañas

• Telephone: 787-707-3208 • Fax: 787-707-3480/3210

eva.cabanas@us.army.mil

Operating Hours: Mon - Thu 10 am- 8 pm

Sun & Hol Closed

Fri 10 am - 6 pm Sat 10 - 5 pm

• E-mail:

Welcome to your Library!

"Sail Away" Summer Reading Program Library

Sponsored by:

Pentagon Federal Credit Union

 The Reading Program group meets Wednesday, 5 July, story time with a craft. The Fort Buchanan Library is offering a "Sail Away" Summer Reading Program" for children ages 4 to 11. Each member is required to complete one project (a model boat, seascape, papier maché shark, an essay about a famous explorer, nautical bookmark, poem, and the like) to exhibit in the Library. After reading at least 10 books and completing one project, you are eligible for a certificate, which will be presented at the graduation to be held on 12 July 2006.

Scrapbooking for Beginners

What is more important than our family and friends and the memories that bind us? Nothing! That is why it is so important that you join us and learn to safely preserve your precious photos with the appropriate tools and materials. The group will meet at the Library on **Tuesday, 11 July** between 4 - 6 pm. The volunteer facilitator will be Rosael Rodríguez. Remember to bring 3 - 4 family photos to complete your project. Sign-up at the Library, space is limited. To attend the class you need to be 15 years or older.

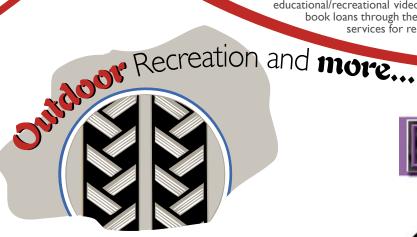
Computer Orientations @ the Library

The library will be offering computer orientations on different subjects the first Wednesday of each month at 2 pm to assist customers in accessing public computers. Our next orientation will be **Wed, 5 July, 2006.**

Library customers don't need to own a compact disc player to enjoy the high quality sound of compact discs. If you like to listen to music while you study or relax with a book or magazine, step up to the library's circulation desk and check out a portable disc player and a headphone (for use inside the library). Have your ID card available.

Checking your email is faster than ever, with our new DSL connectivity!!!

Available in all public computers with Internet access. The Library has a collection of over 25,000 books, educational/recreational videos, audio books, and a compact disc collection for all ages. It also offers book loans through the computer from libraries outside of Puerto Rico. The Library has internet services for research and work, including Encyclopedias & Word Processing Programs. The US Army does not officially endorse sponsors.



Snorkeling Trip to Culebra

Saturday, 15 July, leaving at 7 am from Outdoor Recreation, Bldg. 67.

Fee: \$50 per person includes boat trip, snorkeling gear, beverages and fruits. Transportation to Fajardo not included.

For reservations and details call 787-707-3734 or 552-7222 Mondays and Fridays, 8 am - 5 pm. Saturdays 8 am - 12 noon.

Outdoor Recreation has lots of recreational equipment and tools for rent at nominal fees! Take advantage of this and save on your projects and special events.



Sports & Fitn

Coming up in August...

Perimeter Road Challenge

Saturday, 26 August at 5 pm, in front of the Fitness Center, Bldg. 167. **Awards for the top 3 in each category.** Male: 15 - 18; 19 - 26; 27 - 35; 36 - 45, 46 - 54, 55 and over. Female: 15 - 24; 25 - 34; 35 - 44, 45 - 54, 55 and over.

T-shirts for the first 84 to register. Registrations at the Fitness Center, Bldg. 167, 787-707-3767. For more information call the Sports Office at 787-707-3277.





Director Luis Robles, Bldg. 1020-C

787-707-3277 luis.r.robles@us.army.mil

Fitness Center Acting Manager: Juan Sanfeliz, Jr. Bldg. 167 • 787-707-3767

> Acting Sports Specialist: Roberto Fernández., 787-707-3277

Hours of Operation:

Mon - Fri, 5 am - 9 pm Sat, 8 am - 6 pm Sun, 9 am - 5 pm Call for Holidays hours update.

Adults Volleyball League

Registration Deadline:

Friday, 18 August by COB at the Fitness Center, 787-707-3767.

Coaches Meeting: Tuesday, 22 August,

3 pm at El Caney Conference Room.

League Starts: Tuesday, 29 August 6:45 pm at

The Fitness Center, Bldg. 167. Fees: Military & their family,

DOD ID card holder teams FREE

Federal employees: \$300 and

ID Sponsored teams: \$400

For more details call Mr. Juan Sanfeliz, Jr. at 787-707-3277 or e-mail: juan.sanfelizjr@us.army.mil

Fitness Ongoing Programs:

Group Fitness, Aerobic Class: Monday and Thursday 5:30 pm. 60 Mins. Tuesdays: Body Toning Class, 5:30 pm.

Healing Arts Classes: Monday and Wednesday 9 am

Wednesday 12 noon Tuesdays and Thursdays 4:30 pm

Civilian Wellness Program:DoD employees are authorized work time up to 3 days per week, I hour a day, for 6 consecutive months to participate (once during employee's career). Enroll at the Fitness Center, with medical certificate signed by a doctor, supervisor's authorization, and the health risk questionaire. Details at 787-707-3767.

Cycling Class:

Mon - Thu, 5:30 am Wednesdays, 6 pm Mon - Thu, 12 noon & 4:30 pm Saturdays, 10:30 am Reserve the day before at 787-707-3767

Walking Program: Tue & Thur 4:30 pm

Pick-up Basketball: Monday thru Friday, 3:30 - 5:30 pm

Golden Age Program:

For patrons 50 years of age or over. Socialize and enjoy physical activities. Tuesdays and Thursdays from 9 - 10 am. Médical certificate required. Sign-up at the Fitness Center, 787-707-3767.



Racquetball Challenge: Mon thru Fri • 11am - 1 pm

Tuesdays & Thursdays 4 - 7 pm During these hours participants sign-up to challenge the winner of preceding games. Racquetball court is open to all participants; no individual reservations made during this period. For details call 787-707-3767.

DMWR Strategic Trainings • Participating staff asks to see more...

The Directorate of Morale, Welfare & Recreation (DMWR) conducted a series of one day trainings for the workforce during the months of May and June. A total of 180 employees attended the trainings.

These dynamic sessions were held at the Community Club and Conference Center where employees participated in team building and communication exercises. Participants learned about new initiatives such as, the MWR Mentorship Program and the opportunity to voice their concerns to the Garrison Commander, COL Stephen M. Ackman. The MWR Director, Mr. Freddie L. Giddens presented his view on leadership, customer services and the importance of adapting to a changing environment.

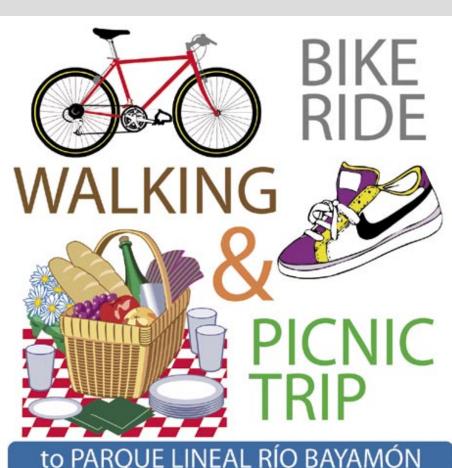
The trainings are part of new MWR initiatives and received high marks from participants. Employees reinforced that they want to see more trainings and the opportunity to meet with other employees in a fun and positive environment.











to PARQUE LINEAL RÍO BAYAMÓN

Saturday, 29 July '06 • 8 am

(Departing from the Fitness Center at 7:30 am) Fee: Adults - \$10, Children 10 years & under - \$5 Register at Fitness Center until COB July 6.

Sponsored by: **POWERADE**

For more info. call: Sports at

787-707-3277/3767 The U.S. Army does not officially endorse sponsor's names, products, services or logos.



"It Pays to INVEST in QUALITY!"

- CYS Chief, Dr. Irma Julia, Tel. 787-707-3399
- CDS Coordinator, Ms. Carmen Dieppa, Tel. 787-707-3598/3769
- SAS Director, Ms. María Martínez, Tel. 787-707-3468/3280
- MSP Rec. Specialist
- Vacant, Tel. 787-707-3826
- Teen Center Rec. Spec., Ms. Mildred Pérez, Tel 787-707-3783
- CLEOS and Supervisor Recreation Specialist YS, Ms. Mara Clemente, 787-707-3434
- Sports Specialist, Ms. Arlene Muñoz, 787-707-3466

707-KIDS

A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.



Child & Youth Services

Military and Family Consultant

Military and family Consultant, Mrs. María Mercedes Gail has been contracted by The Department of Defense (DOD) to work in CYS and DoDEA School System from June 12 to July 14, 2006. Mrs. Gai will serve children/youth, families and staff. The emphasis will be assisting the staff and interacting with families.

The consultant will be able to:

- 1. Suggest courses of age appropriate behavioral skills.
- 2. Provide life skills discussions/presentations for children on topics such as, but not limited, to the following:
 - Communication (getting messages across)
 - Self-esteem, confidence
 - Sibling/parental relationships
 - Resolving conflicts
 - Coping skills
 - Managing anger
 - Separation from parent

- Divorce
- Bullying
- Fear, grief, loss
- Deployment and reintegration issues
- Health and wellness, taking care of yourself
- 3. Facilitate drop in groups or opportunities to discuss the topics listed above with the children/youth.
- 4. Provide for school personnel educational presentations or workshops on issues that are pertinent to the faculty such as:
 - Burn-out
 - Working with children whose parents are deployed
 - Behavioral management techniques
 - Recognizing indicators of relationship or deploy-related issues in the children which may be manifested in behavior
- 5. Provide individual guidance and support to the staff
- 6. Provide supportive and consulting services for families/parents of the school community

For more information contact CYS at 787-707-3509/3787

"Enlightening Parental Skills While Raising Your Child"

PARENT EDUCATION PROGRAM

When: 10 July, 2006 Where: El Caney Lodge Conference Room Time: 12 noon

Please call CYS Administrative Office at 787-707-3509 for more information.

Ballroom Dance Course

POLICY MEMORANDUM: OUT OF SCHOOL SUPERVISION

Requirements for Elementary and Middle School children and Youth during parental duty hours has been approved by the Garrison Commander. Individuals interested in receiving a copy of the policy may request one at CYS Administrative Office, Bldg. 1020-A, Buchanan Heights. For details call 787-707-3787 or the CDC at 787-707- 3769.

Commu



Exceptional Family Member Program

Special Needs Resource Group Meeting • Theme:

Self-Help Resources • Tuesday, 18 July, 1:30 - 2:30 pm at ACS Conference Room, Bldg. 1019, Buchanan Heights. For details call 787-707-3295.

Family Advocacy Program

FAP Classes during July:

- Ways to Deal with Stress & Anger Tues II & Thu 27 July, I0 am -12 noon
- Parenting Class Wed, 5, 12 & 19 July, 10 am - 12 noon.
- New Parent Support, Morning Playgroup Thursdays, 6 & 20 July

Communication Skills and Conflict Resolution

Monday, 17 July, 10 - 11 am at ACS, Bldg. 1019, Buchanan Heights.

Teen Support Group

Theme: SiblingsTuesday, 25 July, 3 - 4:30 pm at ACS, Bldg. 1019, Buchanan Heights.

For schedule of class information please call FAP Educator, Ms. Carmen T. Rivera at 787-707-3698.

Sexual Assault Prevention & Response Program AR 600-20

For military personnel only.

- Awareness Training
- •Response to victims 24 hours a day, 7 days a week.

Emergency hotline 787-406-4222

Victim Advocate Services

We provide support for victims of spouse, child abuse and sexual assault. For more information call Ms. Alice Arroyo at 787-707-3481/3396.

Military Onesource

Available at no cost to you, any time. We have consultants who speak Spanish. Phones are TTY/ TDD accessible. En español, llame al 1-800-375-5971 TTY/TDD: 1-800-346-9188.

Online: www.militaryonesource.com User ID: Army • Password: Onesource

For FAP program related information call Ms. Wilda Díaz at 787-707-3709 or wilda.diaz@us.army.mil.

ACS Birthday and Army Volunteer Corps Volunteer Ceremony

Join us at ACS Birthday Celebration! Friday, 28 July, 9 am - 3 pm at the WaterSpout for a day of fun and surprises!

Army Volunteer Corps & Employment Readiness Programs

Summer Youth Volunteer Recognition Activity

The Army Volunteer Corps extends a special invitation to all the registered youth volunteers to join us at the WaterSpout, on Friday, 28 July 2006, 9 am - 3 pm. Please confirm your participation by registering at 787-707-3365 or e- mail: ivette.davila@us.army.mil

Financial Readiness Program

For information call Arlene Romero at 787-707-3310 or email: arlene.romero@us.army.mil.

Military & Family Life Consultants

The Military and Family Life Consultant's role is to help you with your daily living situations related to being part of the Army Community. We offer you help and support with issues such as: separation from your loved ones, personal relationships, adjustments to new situations and family concerns, among others. Services are FREE and CONFIDENTIAL. For more information or for a consultation, please call:

Your Military and Family Life Consultants:

- Nina Martínez- Mondays thru Thursdays, 9 am 5 pm, 787- 685-3423, Fort Buchanan.
- · Vanessa Villafañe- Tuesdays and Thursdays, 9 am
- 5 pm, 787-685-3429, Base Muñiz.
- Norma Acevedo-Tuesdays and Thursdays, 8 am - 5 pm, 787-685-3426, Aguadilla.
- · Virgilio Rodríguez, Mondays & Wednesdays, 9 am - 5 pm, 787-685-3431, Juana Díaz.
- Ileana Surrillo, Tuesday Thursday, 9 am 5 pm, 787-685-3428, San Juan National Guard Center.

The Army's Official website for military families is:

myarmylifetoo.com

Army Community Service

Director: Mr. Rafael Gilestra Tel. 787-707-3292 rafael.gilestra@us.army.mil • 7 am - 4:30 pm

Relocation Readiness **Program**

Health Info. Tour

Thursday, 13 July, 8:30 am - 12:45 pm. This is a mandatory tour for all newly arrived soldiers. Family members are highly encouraged to attend. A briefing from TRICARE and the Health Clinic Staff from 8:30 - 9 am followed by a tour which will include a drive by local hospitals and Clînica Las Américas. Reservations are required.

Cross Cultural Adaptation: San Sebastián Farmer's/Flea **Market Trip**

Friday, 21 July. Tour is free. Leaving at 8:30 am from ACS, Bldg. 1019, Buchanan Heights. Returning at approx. 6 pm. An opportunity to find fresh produce, specialty and bargain shops.

Newcomers' Info Fair and Tour

Thursday, 27 July, 7:30 am - 2 pm. Free! An introduction to the installation's activities will be from 7:30 - 8:30 am. Bus departs from the Community Club & Conference Center at 8:40 am for a tour of El Morro and Old San Juan. Returns to the Club at approximately 1:30 pm. Tour is free except for the cost of lunch.

For details & registration call Ms. Lucca at 787-707-3682/ 3697.

The WaterSpout • The **Cure for those Lazy Days** of Summer!

Those hazy, lazy days of summer are upon us and what better way to enjoy them than an afternoon at the WaterSpout. Pack up the kids and head on over! The WaterSpout is open Tuesday through Sunday (during summer season) for your enjoyment. The Water Spout's Snack Bar "The Home of The Foot Long" operates with the same hours; offering everything from Popsicles to Pizzas as well as Foot Long Hot Dogs.

The WaterSpout is a popular place for children's Birthday Parties and the Snack Bar is there to assist you. It offers several catering packages that are favorites with young and old alike. If you don't see what you are looking for at the Snack Bar, be sure to make arrangements through the Community Club & Conference Center.

When making reservations for the pool, please remember to see the folks at the Snack Bar to order food for your party. Due to it's size, we are not equipped to handle unexpected parties larger than 15 guests. Enjoy yourself and Stay Safe-We Care About You!!

New concept on the way... "Food After Dark"

Ever tried to eat on post after 7 pm? You'll find that it is pretty much impossible. Well, MWR has felt your pain and has developed a new food concept called "Food After Dark."

This service will be located at the Cabaña Picnic Area and will offer food to go as well as small dining in area. "Food After Dark" will feature such favorites as Rotisserie Chicken and BBQ Ribs. Keep watching future editions of the MWR Caribbean for updates and information on the Grand Opening.

> Ms. Tammy Hite, **Business Operations Chief**

The Golf Course will be closed on 3 & 4 July '06. Have a Safe Holiday!

The Bunker Bar a New Place to Unwind

Relaxed atmosphere, super sound system, plasma TV's and more. Open Tuesday –Sunday, 3 – 8 pm. Closed on Mondays. Happy Hour with free snacks on Fridays.

Snack Bar

Open at 5:30 pm daily. Breakfast available, omelettes, eggs cooked to order, and more...

Starting 20 July the Golf Snack Bar will be available for private gatherings or parties after 6 pm; 7 days a week. Fee: \$150 for a maximum capacity of 50 people. Food available for an additional cost upon request.

Month End Madness

Friday, 28 July

Shotgun start at 12 noon, registrations at the Pro-Shop. Course closed to open play. Par 3's and practice facilities open. Fee: \$25 members/active duty, \$35 guests. Cost includes carts, greens fee, prizes and hors d'oeuvres.

Free Golf Clinics the 2nd and 4th Sundays of the month. Children from 12 - 2 pm, adults from 2 - 4 pm. Call to make reservations.

Bar Hours: Starts every day at

Lunch Specials Mon - Fri, 10:30 am - 4 pm

Acting Manager:

Tel. 787-707-3980

Golf Pro: Earl Goins

5:30 am.

earl.goins@us.army.mil

Golf Club Snack

William Merriweather

Golf Course Complex

FORT BUCHANAN, PR

Acting Manager: Georgina Anderson

 Tel. 787-707-2695
 787-707-BOWL E-mail: georgie.anderson@us.army.mil

The Bowling Center will be closed on the 4th of July.

Let's have some fun!!! |oin us on July 8th from I - 4 pm for our

Nine Pin No Tap **Bowling Tournament**

DJ Berta Santiago will join us from I - 5 pm. Snack Bar and the IIth Pin Bar will be open.

Daily Lunch Specials

Daily Local Favorites, starting at II am. **\$5** includes Rice & Beans, Entree of the day

& One Soda.

Hours of operations for Sundays are 11 am to 9 pm.



Now Offering Products from The Home Depot







American Food





MONDAY - FRIDAY . 11 am - 2 pm Buffet Style . \$6.25 per person

For more information call 787-707-3535, x-200